



Deep Listening Circle

1/11/18

Welcome

- Light the candle
- Discuss process if new attendees
- Agreements
 - We hold all stories shared in this Circle confidential.
 - We speak with **intention** and treat each other with ***kindness and respect.***
 - We listen with **attention, compassion and curiosity.**
 - We trust each of us has the guidance we need within us and ***we rely on the power of silence to access it.*** (This is the essence of Empathy.)
 - We ***honor each other's unique experience*** and don't presume to advise or fix or try to save each other.

Reading

Love after Love

By Derek Walcott

The time will come
when, with elation,
you will greet yourself arriving
at your own door, in your own mirror,
and each will smile at the other's welcome,
and say, sit here. Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you
all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,

the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.

Round One

- Name
- What is on your heart today? OR
- What brings you to the Deep Listening Circle?

Round Two

- The Romans dedicated the month of January to Janus - the god of beginnings and transitions, gates, doors, doorways, endings, time, and reflection.
- He is usually a two-faced god since he looks to the future and the past.
- Often we tend to focus on looking only into the future when we set resolutions for a new year.
- With that, I'd like to honor January's namesake by looking to both the past and the future starting with a look back to 2017

Question: *What is a gift gained or lesson learned in 2017 that you are carrying with you into the new year?*

Round Three

This next round is dedicated to looking forward

Question: *What is a hope, goal or intention you have for 2018? Is anything standing in the way of achieving what you want this year?*

Round Four

- How was this experience/circle for you?
- What do you want to take with you from this circle?
- What is your next step?

Closing

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- Blessing with the light/put out the candle